

Ortho Dophilus™

TECHNICAL SUMMARY

Probiotic bacterial species are known to exist and thrive in the human digestive tract. These microorganisms assist in proper digestion, support detoxification, and are a necessary component of healthy immune system function.* Ortho Dophilus™ is a combination of scientifically tested strains of friendly bacteria with FOS included to encourage their healthy growth.* This product is non-GMO and is enteric coated to ensure live delivery to the intestine.

Strain Information: *Lactobacillus acidophilus* (La-14) is a gram-positive, non-spore forming, homofermentive, catalase-negative rod. It is a common inhabitant of the human intestinal tract, mouth, and vagina. This strain has been deposited in the American Type Culture Collection as SD5212.

Lactobacillus casei (Lc-11) is a gram-positive, non-spore forming, homofermentive rod. It is a common inhabitant of the human intestinal tract. It is also found naturally in fermented vegetables, milk, and meat. This strain has been deposited in the American Type Culture Collection as SD5213.

Lactobacillus rhamnosus (Lr-32) is a gram positive, non-spore forming, facultatively anaerobic, and non-motile rod of varied lengths, which commonly occurs in short chains. It is commonly found in cheese. This strain has been deposited in the American Type Culture Collection as SD5217.

Lactobacillus salivarius (Ls-33) is a gram-positive, non-spore forming, homofermentive rod. It is a common inhabitant of the human intestinal tract and urogenital surface. This strain has been deposited in the American Type Culture Collection as SD5208.

Streptococcus thermophilus (St-21) is a gram-positive facultative anaerobe, non-motile, non-spore forming, and homofermentive coccus appearing in pairs or chains. It is widely used a starter culture for the production of yogurt and cheeses. This strain has been deposited in the American Type Culture Collection as SD5207.

Bifidobacterium bifidum (Bb-02) gram-positive, non-spore-forming, non-motile, and catalase-negative anaerobes. *Bifidobacteria* are dominant microbial residents of the colonic microbiota.

Bifidobacterium longum (Bl-05) gram-positive, non-spore-forming, non-motile anaerobes. *Bifidobacteria* are dominant microbial residents of the colonic microbiota. This strain has been deposited in the American Type Culture Collection as SD5206.

Bifidobacterium lactis (Bl-04) gram-positive, non-spore-forming, non-motile anaerobes. *Bifidobacteria* are dominant microbial residents of the colonic microbiota. This strain has been deposited in the American Type Culture Collection as SD5219.

Allergen and Additive Disclosure: Not manufactured with wheat, milk, egg, fish, shellfish, or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Delivery Form: Veg Capsule

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Probiotic Blend of 8 Strains:	4 Billion CFU*
<i>Lactobacillus acidophilus</i> (La-14)	1.2 billion*
<i>Lactobacillus casei</i> (Lc-11)	600 million*
<i>Lactobacillus rhamnosus</i> (Lr-32)	600 million*
<i>Lactobacillus salivarius</i> (Ls-33)	600 million*
<i>Streptococcus thermophilus</i> (St-21)	400 million*
<i>Bifidobacterium bifidum</i> (Bb-02)	200 million*
<i>Bifidobacterium longum</i> (Bl-05)	200 million*
<i>Bifidobacterium lactis</i> (Bl-04)	200 million*

* Daily Value not established.

Other ingredients: Cellulose (capsule), FOS (Fructooligosaccharides), Ascorbic Acid, Magnesium Stearate (vegetable source) and Enteric Coating.

- **With FOS/Enteric Coated/Shelf Stable**
- **Supports Healthy Immune System**
- **& Healthy Digestion***

SUGGESTED USAGE: Take 1 capsule 2 to 3 times daily, or as directed by your healthcare practitioner. Store in a cool, dry place.

ROLE AS NUTRIENT/FUNCTION

Probiotic bacteria are known to promote endogenous host defense mechanisms at different levels.* Probiotics support the non-immunologic gut defense system by stabilizing the gut microflora and the immunologic gut defense system by enhancing the gut's humoral immune responses.* Moreover, probiotic bacteria have been shown to stimulate non-specific host resistance to potentially harmful microbial agents and to modulate the host's immune responses to potentially harmful antigens with a potential to down-regulate sensitivity reactions.*

NATUROKINETICS®

Liberation: The Ortho Dophilus™ enteric-coated capsule does not disintegrate after 60 minutes in a stomach-simulated environment. Its disintegration takes 0 to 60 minutes in an intestine-simulated environment.

Absorption: Probiotic bacteria are not absorbed and do not reach the bloodstream in healthy individuals.

Gastrointestinal Resistance and Epithelium Adhesion:

In order to properly colonize the GI tract, probiotic strains should be able to survive in the presence of bile at concentrations present in the duodenum and to adhere to the intestinal mucosa. Strains present in Ortho Dophilus™ have demonstrated their excellent bile resistance and intestinal mucosa adhesion properties. (See table below)

Strain	Bile Resistance (<i>in vitro</i>)	Intestinal Mucosal Adhesion (<i>in vitro</i>)
<i>Lactobacillus acidophilus</i> (La-14)	Very good to excellent	Very good to excellent
<i>Lactobacillus casei</i> (Lc-11)	Excellent	Good to excellent
<i>Lactobacillus rhamnosus</i> (Lr-32)	Very good	Excellent
<i>Lactobacillus salivarius</i> (Ls-33)	Very good to excellent	Excellent
<i>Streptococcus thermophilus</i> (St-21)	Excellent	Very good to excellent
<i>Bifidobacterium longum</i> (Bl-05)	Excellent	Very good
<i>Bifidobacterium lactis</i> (Bl-04)	Excellent	Very good

Elimination: Probiotics are eliminated in feces.

CLINICAL VALIDATION

The symbiotic combination of a prebiotic, such as the FOS found in this product, and probiotics can present advantages not found with either probiotics or prebiotics taken alone. Ortho Dophilus™ is a combination of FOS with 8 different strains of beneficial bacteria designed to support gastrointestinal health and immune system function.*

- In a randomized, double-blind, placebo-controlled study on 83 healthy volunteers receiving a placebo or 20 billion CFU per day, after stimulation of the immune system with ingestion of oral antigens, serum analysis indicated a significant effect on immune humoral response with *Bifidobacterium lactis* Bl-04 and *Lactobacillus acidophilus* La-14, compared with control ($p=0.01$).*

SAFETY INFORMATION

Tolerability: Probiotic supplements may cause minor, temporary digestive disturbance in some individuals. In these cases reduce or discontinue use of this product until discomfort ceases then gradually increase to full dose.

Contraindications: None known.

INTERACTIONS

Drug Interactions: Antibiotic medications may reduce the efficacy of probiotic supplements.

Supplement Interactions: None known.

Interaction with Lab Tests: None known.

STORAGE

Store in a cool, dry place. Refrigeration is recommended after opening to provide maximum potency through the best by date.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.